9 AMXS crew chiefs dedicated Wednesday

By Airman 1st Class George Cloutier 9th RW Public Affairs

Crew chiefs from the 9th Aircraft Maintenance Squadron were presented with the honorary title of Dedicated Crew Chief in a ceremony Wednesday at Dock six.

The title of DCC is given only to the best and brightest crew chiefs in the Air Force. To receive the title of DCC, crew chiefs must excel in many areas and show a high degree of competency in their job.

"On Wednesday, three U-2 Dragon Lady and three RQ-4 Global Hawk maintainers were inducted into the elite, prestigious status of Dedicated Crew Chief," said Chief Master Sgt. Richard Dennis, 9th Aircraft Maintenance Squadron maintenance superintendent.

Staff sergeants Joseph Murphy, Greg Johnson, Daniel

Crisp, Neil Koehn, Ashby Johnson and Scott Klusman were presented with the honor of dedicated crew chief.

In order to attain the status of a DCC, a crew chief must show a high degree of proficiency in their numerous responsibilities.

"To be chosen as a DCC, most individuals will acquire about seven years of experience," Chief Dennis said. "They also have to be fully qualified seven levels, usually staff sergeants or higher."

Alongside their time and experience, DCCs must also acquire leadership skills and a high degree of extra personal responsibility.

"DCCs have to be aggressive leaders," Chief Dennis said. "It's all about leadership, technical knowledge, motivation, drive and qualifications."

While the list of qualifications for a DCC may seem a bit

see CREW CHIEF page 3



BMLC gift, donation

Members of the Beale Military Liaison Committee present a check of \$30, 993 to Brig. Gen. H. D. Polumbo, Jr., 9th Reconnaissance Wing commander, and Chief Master Sgt. Michael Morey, 9th RW Command Chief Master Sgt., Jan. 5. The BMLC has been a strong promoter and partner of Operation Warm Heart which provides support to Airmen and families in need. (Courtesy photo)

Beale family moves back into MFH after renovations

By Airman 1st Class George Cloutier 9th RW Public Affairs

The battle for Beale's housing recently gained another victory as the first family to move into a refurbished home unpacked their bags Tuesday.

The move comes as a land mark of the combined efforts of Beale's senior leadership and the many units around base who have been fighting

to increase awareness on Beale's housing situation and at the same time take care of the people who contribute to the mission of the 9th Reconnaissance Wing and tenant units.

"This is not just speculative talk anymore, but a real success story in the making about improving quality of life for Team Beale," said Lisa Mata, 9th RW housing office housing manager. The

see HOUSING page 4

Beale's Toys for Troops, a success

By Airman 1st Class George Cloutier 9th RW Public Affairs

The Holidays are a time of joy and cheer, when families across the world reunite from great distances to share time with those they love the most. However, families such as those of deployed members who are overseas fighting the War on Terror, won't see their families this holiday season.

For those members and espe-

see TOYS page 3

1/3/0/233

Editorial: Page 2 News: Pages 3-4 Community: Pages 5-9 Feature: Page 11 Services: Pages 14-15 Classifieds: Pages 16-17 Congratulations 9th MUNS for being awarded the Air Force and ACC explosive safety awards.
For more information, see Page 4.

Team Beale will hold a National Day of Prayer breakfast Wednesday. See Page 5 for more information.

OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to res<u>olve</u> the issue, or are not satisfied with the response, call the Open Line. If

mander at Beale. (Photo by John Schwab)

you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

Open Line number: 634-8888 **Open Line e-mail:**

9RWPA@beale.af.mil Brig. Gen. H. D. Polumbo, Jr. is the 9th Reconnaissance Wing com-

Ownership: Treat it like it's yours

By Lt Col Alan Paolucci 48th Intelligence Squadron commander

In the Air Force, we invest a lot of effort into leadership. We even spend a little time on being good followers (Col. Philip Meilinger's The Ten Rules of Good Followership should probably be considered for publication as an Air Force Instruction). But what's the connective tissue that holds everything together? Personally, I think it's owner-

I was a captain at a tenant unit at Langley Air Force Base the first time I became aware of ownership. My squadron commander brought me along with him on an outdoor meeting with the 1st Fighter Wing vice commander.

We were walking around the tarmac outside our hangar, talking about an initiative we wanted the Wing to approve. While we were walking and talking, the O-6 was plucking pieces of stray garbage off the ground. He didn't stop or slow our discussion, he just picked up the trash while he listened to my boss talk about our project. After about five minutes, he had a handful of trash that he threw in the dumpster after our meeting. I had been outside in

the same area hundreds of times before and I never noticed the garbage. Why?

Simply put, I didn't have a sense of ownership. But there was no mistaking that the vice commander did. He owned the flight line and he opened my eyes to the principle of ownership. Since then, it's hard not to notice it.

Treating something like it's yours is what it's all about. I see it every time I walk into a workspace that's squared away. I notice it when I encounter a group of hard-charging Airmen doing their jobs with pride. It's there when people care about each other in a unit.

When you're completely aware that you're in someone else's shop or squadron, you're experiencing ownership. It's a good thing!

How about when we don't have ownership? That's easy to spot too. Areas are messy, people get into trouble, and the mission suffers.

If ownership is goodness, then how do I get it? How do I bring it to my shop? The changes necessary to instill ownership in your people have nothing to do with garbage or workspaces. The changes must begin in the hearts and minds of your people. At the risk of being labeled "Master of the obvious," if

"... if you want folks to show ownership, you must give them

Lt. Col. Alan Paolucci 48th Intelligence Squadron commander

you want folks to show ownership, you must give them something to own. You do that primarily through empowerment and trust. Let your people do their jobs. Let them manage their resources. We've heard this all before. There's nothing new here, just a little different spin on things.

in our people, facilities, and in our perall levels with airmen, NCOs, officers, and civilians. Good leaders demonstrate ownership, and so do good fol-

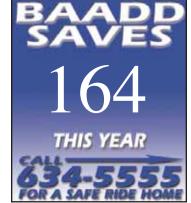
walk around now, and I pick it up.

something to own."

Once ownership takes root, it shows formance. I've seen it time and again at

ioweis.									
For the record, I see trash who	n								
walk around now and I nick it up									

Sortie Update as of Jan. 10 1st RS 99th RS Aircraft T-38 U-2 271 135 Goal 13 39 24 Flown Vhead/Behind





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Dedicated Crew Chiefs

Beale's six newest Dedicated Crew Chiefs stand at attention with five former DCCs during the Dedicated Crew Chief ceremony Wednesday at Dock six. (Photo by John Schwab)

CREW CHIEF from page 1

extensive, these individuals need to be highly proficient due to the impact they have on mission success and safety.

"The DCC program is the backbone of aircraft serviceability and mission capability," Chief Dennis said. "Each DCC is responsible for a crew of an average size of five, his multi-million dollar U-2 or Global Hawk and his designated shelter."

DCCs are given this great deal of responsibility to ensure various aspects of mission success.

"The objective of the DCC program is to directly assign a maintenance person to each aircraft to provide continuity and accuracy of maintenance condition, wartime capability, upkeep of aircraft forms, aircraft status, scheduled maintenance, and improve aircraft appearance," Chief Dennis said. "This program offers longevity to aircraft and has the potential to save the Air Force unnecessary expenses through preventative maintenance measures."

Taking in mind the extensive responsibilities and criteria, it becomes clear why the DCC is such a highly regarded position.

"Crew Chief is a job description, not an Air Force specialty," Chief Dennis said. "Only the best maintainers should be selected as crew chiefs and of them only about two percent get selected to become DCCs."

To be one of the individuals selected for this prestigious title means a great deal for crew chiefs at the 9th AMXS.

"The DCC ceremony is a great way of recognizing us crew chiefs for the job we do," said Staff Sgt. Neal Koehn, Global Hawk DCC and 9 MXG CMSAF Thomas N. Barnes Crew Chief of the Year Award winner.

Since the job of a crew chief is so critical to the mission, it is imperative that their work be done when the mission calls

"It is an achievement to be selected as a DCC, however it is just beginning, said Staff Sgt. Joseph Murphy a U-2 DCC. Everyone selected has a tremendous responsibility; our aircraft routinely fly at altitudes no other aircraft fly. We ensure our pilots safety and our aircraft are ready to perform the mission; with out it our nations ISR mission would not be accomplished."

For those crew chiefs who stay true to their dedication to the mission, the DCC program is there to recognize them for their outstanding service, competent workmanship and leadership skills which are all essential to our mission here at Beale.

TOYS from page 1-

cially their children, who won't be able so see their parent during this special time, a group of people from the outside community along with the help of Team Beale members have put together something to make the holidays a bit more cheerful for these unfortunate families.

The Toys for Troops Kids program collects toys and gifts donated from the outside communities and with the help of volunteers from the community and military installations, distributes the toys to children of deployed members.

Volunteers from the base and from the local communities manned collection points throughout the month of December, collecting enough toys to exceed expectations.

"We collected 2400 toys for the base and we ended up having more then enough toys so we could open it up to people who had deployed and people who were getting ready to deploy in the near future," said Capt. Daniel Willison, who served as base POC for the project.

During the collection, Team Beale members received not only toys, but also encouraging and heartfelt comments from people who came out to show their support.

"When we're out there in our uniforms, people are waving, they come by with trunk loads of toys because they want to support the military," Captain Willison said. "They realize we deploy, and they are aware of the sacrifices we make and they appreciate them. Almost every person that came by said I appreciate what you do. The message this sends to the base community is that the civilian community appreciates what we do and they're there to help us out."

Another message the program sends is that as a team we're taking care of the people who are here and the people who are deployed, said the captain.

"It's very critical we have a support system in place for the people who are here and the people who aren't," Captain Willison said. "By taking care of people here, it lets the deployed member know that their family is being taken care of."

WARRIOR SPOTLIGHT

Airman 1st Class Nina Adam

<u>Unit:</u> 9th Aircraft Maintenance Squadron

Job: Personnelist

Hometown: Venice, Fla.

Air Force goals: To get commissioned within the next year

Time in the Air Fcrce: One year

and three months

Hobbies: Skiing, running,

singing, honor guard, boating, camping and spending time with friends

The thing I like best about

Beale AFB: I love the location and being near the mountains. I'm only a couple hours away from some of the greatest cities in the United States.



Airman 1st Class Nina Adam is a personnelist with the 9th Aircraft Maintenance Squadron. (Photo by Airman 1st Class George Cloutier) 4 NEWS January 12, 2007



Excellence in all we do

Maj. Jeffrey Stremel, 9th Munitions Squadron commander, and Master Sgt. Michael Dick, 9th MUNS safety representative, accept the 2005 Air Force and Air Combat Command explosive safety awards from Brig. Gen. H. D. Polumbo, Jr., 9th Reconnaissance Wing commander, Monday at the Air Force Combat Ammunitions Center. This award marks the fourth consecutive year the 9th MUNS has been recognized by ACC. AFCOMAC also holds the noteworthy distinction of having zero explosive mishaps throughout its entire 20-year history. (Photo by Senior Airman Christine Collier)

HOUSING from page 1-

success can be contributed to the advocacy of our wing, pushing forward with quality of life issues that we needed to take care of."

These recent developments in the fight to improve quality of life at Beale stem back to good news that was relayed at Beale's last town hall meeting, which took place last October.

At the end of fiscal year 2006 we were funded for two separate projects of about 60 units each to repair and relocate the duct work from underneath the house, Mrs. Mata said.

Among other problems, the duct work in housing units has been once of the main problems that has kept many housing units unoccupied.

"What we've had a problem with historically is the duct work underneath the housing units have been deteriorating," Mrs. Mata said. "We had to physically remove them and get them

out from underneath the house and have new ducts installed."

Since the beginning of the project, 31 units have had duct work replaced. After these units go through their routine change of occupancy maintenance, they will be handed over to waiting and eager families, some of which have been waiting for some time to get into housing.

"These projects have reduced our waiting times, especially for junior enlisted who are looking to get into housing," Mrs. Mata said.

"It's a lot better than living off base in a one bed one bath apartment," said Airman Kristyne Fehr, 9th Maintenance Squadron client support administrator, who moved in with her husband Keith into their new home Tuesday.

"I think this is improving quality of life and reducing out of pocket expenses for members that had to live off base," Mrs. Mata said. "It's also revitalizing neighborhoods that have been neglected for the last five years due to lack of funds. Hopefully once this is done and the houses are occupied there's going to be a better sense of community out there."

The project's impact will certainly help repair communities, however another great aspect of the project is that it will put at ease those who may have been displaced due to an unwanted relocation.

Another great aspect of this project is that the people who are performing the mission can concentrate on just that and not worry about what's going on at home, Mrs. Mata said. If the wife or the husband isn't happy at home, then you can't focus on anything, because family is our number one priority.

For more information on base housing, contact the housing office at 634-2794.

AF may hold RIF board if goal not met

By Staff Sgt. C. Todd Lopez Air Force Print News

WASHINGTON — The Air Force will convene an officer reduction in force board in June if it fails to meet its force-shaping goal, said the service's senior most officer for manpower and personnel.

"While the goal has been to reduce active-duty end strength through voluntary programs where possible, if at the end of the extended Voluntary Separation Pay application window the (fiscal year) 2007 goal has not been reached, the remaining losses will be achieved through an officer RIF board in June 2007," said Lt. Gen. Roger A. Brady, Air Force deputy chief of staff for manpower and personnel.

The window for officers to voluntarily separate from the Air Force with the VSP option has been extended to March 31. As of Dec. 28, the service had approved just over 1,800 applicants for the program. Officers seeking more information about VSP can call the Air Force Personnel Center contact center at 800-616-3775.

General Brady said the RIF board would consider Air Force officers with six to 12 years of active commissioned service in overage career fields from six year groups: 1995, 1996, 1997, 1998, 2000 and 2001.

The RIF board process is ex-

pected to achieve approximately 1,000 officer reductions.

Officers not selected for retention will be separated by Jan. 29, 2008. Force shaping is not simply about reducing numbers, however. The Air Force will also ensure that it has the right number of officers and enlisted, with the right rank, in the right career fields.

"The Air Force is in transition and we must focus on optimizing our force structure," General Brady said. "Through voluntary separations, attrition, adjustments to accessions, retraining, and a RIF board, we can ensure we have the number of officers we need, in the right career fields, and with the right level of expertise. I encourage all commanders to conduct frank discussions with their officers concerning their vulnerability for the RIF board."

In 2004, the Air Force had 372,000 active-duty Airmen. Today, the service has about 347,300. Through force shaping, the goal is to reduce that number by another 31,000 to about 316,000 by fiscal year 2009. In fiscal year 2007 alone, the Air Force has over 5,500 projected officer losses (about 70 percent of the goal) and 16,500 projected enlisted losses (almost 50 percent of the goal). These losses reflect the combination of targeted force shaping and normal attrition, which total over 30,000 each year.



Community Briefs

National Day of Prayer breakfast

The National Day of Prayer breakfast is scheduled for Wednesday at 7:30 a.m. at the Recce Point Club.

The guest speaker is Ch. (Maj. Gen.) Charles Baldwin, Air Force chief of chaplains. RSVP is required by Monday and the cost is \$4 for staff sergeants and below and \$8 for all others.

For more information or to sign up, call Staff Sgt. Brian Ramirez or Senior Airman April Castro at 634-4701 or 634-4705.

BOSC scholarships

The Beale Officers' Spouses' Club will be accepting applications from military dependent high school seniors and spouses beginning Monday.

Those pursuing a degree at an accredited institute of higher education including colleges, universities, vocational and technical or trade schools may apply.

A minimum of \$4,500 in scholarships will be awarded this year. Applications are available at the Thrift Shop, Recce Point Club, Education Office, Airman and Family Readiness Center, local high schools or by calling Cindy Stremel at 788-9767.

Applications must be postmarked by March 15.

Recycling changes

White paper recycling has changed to mixed recycling.

Aluminum cans, tin cans, plastic containers (numbers one to seven), glass beverage and food containers, take-out cups, juice boxes, milk, cream and non-dairy cartons, paper bags, paper egg cartons, wrapping paper, office paper, envelopes, junk mail, file folder, newspaper, magazines, catalogs and telephone books can be placed in the blue recycling holder.

Styrofoam, carbon copies, candy wrappers, food waste and rubber bands are not accepted. Please do your part in efforts to reduce, reuse and recycle.

For more information, call Kent Hawley at 634-2657 or e-mail at kent.hawley@beale.af.mil.

Airmen Development Program

The Airmen Development Program gives Airmen an opportunity to excel by offering them appointments to the Air Force Academy.

Unit and wing commanders can nominate highly qualified Airmen to attend the preparatory school with the intention of an academy appointment to follow.

For more information, call the education center at 634-2525.

\$2,000 General Arnold grant

Last year, the Air Force Aid Society awarded \$6.5 million in college education grants to Air Force dependants.

All military dependents are eligible. Visit the Airman and Family Readiness Center to pick up an application or visit www.afas.org.

For more information, call the Airmen and Family Readiness Center at 634-2863. The deadline for applications is March 9.

Certification programs

The Community College of the Air Force has an Airframe and Power Plant certification program.

Technicians who have cross-trained out of aircraft maintenance AFSCs are eligible for the certification program provided the technician possessed a 7-skill level in the aircraft maintenance AFSC prior to cross-training and has not been out of the aircraft maintenance AFSC for more than two years.

Technicians may enroll in the program and begin training once they

have been awarded their 5-skill level. For more information, visit www.maxwell.af.mil/au/ccaf/student.htm.

Air Force Institute of Technology

AFIT is the Air Force's premier institution for defense focused graduate and continuing education.

Continuing education is offered by AFIT's School of Systems and Logistics, http://www.afit.edu/is, and The Civil Engineer and Services School, http://www.afit.edu/cess. Master's and doctoral degrees are offered in numerous areas by the Graduate School of Engineering and Management, www.afit.edu/en.

For more information, call the Education Center at 634-2525.

College scholarships

For information on college scholarships for military members and dependants, call the education center at 634-2525.

OB orientation

An Obstetrician orientation class for all expecting parents is held the third Wednesday of every month from 9 a.m. to noon in the clinic conference room.

The class is open to all ranks and provides information and resources pertaining to prenatal care, nutrition, exercise, breastfeeding and Tri-care coverage. For more information, call Roberta Trumm at 634-0626.

Breastfeeding Class

A free breastfeeding class is held the second Tuesday of every month from 4 to 6 p.m. The class teaches mothers the benefits of breastfeeding, tips on making breastfeeding successful and answers to many breastfeeding questions. Classes are taught by lactation consultant, Capt. Mary Severson.

For more information, call Rober-

ta Trumm at 634-0626.

New Parent Support Program

Being a new parent offers new challenges and satisfactions. The New Parent Support Program helps new parents overcome challenges by providing books, information, and resources to help through the first three years. For more information, call Roberta Trumm at 634-0626.

Chief recognition ceremony

The Beale Chief's Group Chief Master Sergeant's recognition ceremony has been scheduled for Friday at Recce Point.

Social hour begins at 6 p.m. with a formal ceremony to follow. Military dress is semi-formal mess dress. Male civilians must wear a coat and tie and woman must wear dinner dress

For menu options and prices, call 634-3076.

Pharmacy medication options

There are two new ways to obtain medications - the Automated Pharmacy Machine located at the Base Exchange and the clinic lobby, or the Tricare Mail Order Pharmacy.

The APM only dispenses refill prescriptions and requires a personal identification number, which can be obtained at the pharmacy pick-up window located in the clinic waiting area.

The following can not be dispensed out of the APM: new prescriptions, controlled substances or narcotics, large bottles and boxes and medications requiring mixing or refrigeration.

In addition, the TMOP program permits medications to be regularly delivered directly to the individual's home. For more information about the TMOP program, visit http://www.tricare.mil/Pharmacy.

see COMMUNITY, page 6

Planning a vacation? Need to get away? Visit http://www.afvclub.com

COMMUNITY from page 5

The Pharmacy is open Monday through Friday from 7:30 a.m. to 5:00 p.m. and closed on all major holidays. Call the pharmacy at 634-2337. For refills, call 634-2859.

ID card Saturday hours

The 9th Support Division's customer service office will be open to provide ID Card and DEERS update services Feb. 3, March 3, April 7 and May 5. Hours of operation will be 9 a.m. to 12 p.m. and no appointment is necessary.

The Administrative Support Flight's customer service counter is located in the Consolidated Support Center, Building 25216, Room 110. Normal business hours are 7:30 a.m. to 4:30 p.m., Mondays, Tuesdays and Fridays, and 8:30 a.m. to 4:30 p.m., Wednesdays and Thursdays, except for holidays.

For more information, call customer service at 634-3187.

Promotion fact sheet

WAPS testing for technical and master sergeants begins Feb. 1. WAPS testing for staff sergeants begins May 1. The promotion fact sheet is available at http://ask.afpc@randolph.af.mil/eprom. All eligible individuals are required to be prepared to test on the first day of the cycle. For more information or questions, call your unit monitor.

ID card appointments

Beginning Tuesday the Customer

Jan. 12 Puzzle Solution

Service element of the Administrative Support Flight will begin making common access cards by appointment as well as walk-ins.

Individuals needing a CAC may call in advance to schedule an appointment on or after Jan. 16.

This change will be on a trial basis and is intended to control and reduce wait times.

Appointments may be made by calling 634-3187 and are available in 30-minute increments between 8 a.m. and 3:30 p.m. on Mondays, Tuesdays and Fridays and between 8:30 a.m. And 3:30 p.m. Wednesdays and Thursdays.

For more information, call Bill Hoerman at 634-5134.

Investing class

"It's your move: A game plan for investing," the Airmen and Family Readiness Center's in-depth investment program is scheduled for Thursday from 1 to 4 p.m.

The program includes concepts such as understanding the investment world, to include risk tolerance, liquidity, marketability, etc.

To register, call 634-2863.

BAA meeting

The Black Awareness Association holds a weekly Tuesday meeting in the Community Center Reno Room from 12 to 1 p.m.

For more information, call Airman 1st Class Taraus Boyd at 634-2690 or Staff Sgt. Leray Smedley at

634-8521.

Airmen's Attic

The Airmen's Attic is still taking good, reusable clothes, toys and uniforms and is running low on girls' and maternity clothes, toys and baby items. The attic is located in Temporary Living Facilities and is free for staff sergeants and below. Every second and fourth Friday they are open to master sergeants and below, and an All Rank's Day is held monthly.

The attic is open Mondays and Wednesdays from 10 a.m. to 1 p.m. and Fridays from 10 a.m. to 4 p.m.

For more information, call the attic at 634-5640 or after hours at 788-2993.

Administrative support flight reorganization

Individuals visiting the Administrative Support Flight for assistance with passenger travel, personal property, awards and decorations, right start and sponsorship and technical orders and publications should be aware that these individuals have reorganized within the office. Phone numbers remain the same but personal property and passenger travel staff have relocated from the counters in the lobby to Room 118 towards the back. The awards and decorations, right start and sponsorship and technical orders and publications staff have moved from Room 118 into the counter area in the lobby. For more information, call Bill

Hoerman at 634-5134.

High Flyer classifieds

Military members can place classified ads in the High Flyer at http://highflyer.theunion.com/classifieds. The deadline for submitting classifieds is Tuesday at 4:30 p.m. for the following Friday's edition.

Firing range safety

The base firing range, located northeast of the intersection of Warren Shingle Boulevard and Doolittle Drive, as well as the machine gun range located adjacent to Miller Lake are designated as no trespassing areas. When the red flag is flying or the red beacon is flashing at the base firing range, Friskey Lake is off limits. When the red flag is flying and the barriers are up adjacent to Doolittle Drive and the Explosive Ordnance Disposal range, the machine gun range and Miller Lake are off limits. Entering into these areas for other than official business is illegal and extremely dangerous due to gunfire. For more information, call combat arms at 634-2876 or the law enforcement desk at 634-2131.

Beale Thrift Shop

The Beale Thrift Shop is open from 9:30 a.m. to 1:30 p.m. Tuesdays and Thursdays. Consignments are accepted until 12:30 p.m. Proceeds from sales go to the Beale Officers' Spouses' Club's

see BRIEFS, page 7

January 12, 2007

What have you planned to resolve in your life in 2007?



Senior Airman Nathaniel Balolong 9th Civil Engineer Squadron



Nicole Kloncz 9th Medical Support Squadron



Senior Airman Camron Lee 9th CES



Staff Sgt. Christina Warmington

99th Reconnaissance Squadron

"To get through the next four months as I'm pregnant, have two kids already to take care of and my husband's deployed.'



Staff Sgt. Jesse Anderson 316 Training Squadron Goodfellow Air Force Base

"To continue my education and complete my on-line Business Administration master's program.

"I plan to quit habit and is slowing tification." me down."

"To finish getting my smoking. It's a bad state phlebotomist cer- hip hop tape completed

"I plan to get a mixed this year."

BRIEFS from page 6 -

charitable fund used for scholarships and community donations. The shop is located at 6201 B St. in the Omni parking lot across from the commissary. For more information, call 788-1892.

Deadline for submissions

The deadline for submissions to the High Flyer is Friday the week prior to the desired publication date. Submissions are printed on a space available basis. Submissions after the deadline will not be published until the following week. News briefs will run for no more than three consecutive weeks. For questions or more information, call 634-8887.

BAADD volunteers

Beale Airmen Against Drunk Driving is always looking for new volunteers. For more information about the program or to volunteer, call Staff Sgt. Jason Sikorski at 634-5945.

Discover

The Education Center now has a computer-based career planning program available for individuals trying to decide on a career path, planning further education or transitioning out of military service. For more information, call Education Center at 634-2525.

Relaxation room

Unwind in the Health and Wellness Center's ergonomic massage chair. The massage chair is available on a walk-in basis throughout the week.

For more information, call the HAWC at 634-3500.

Beale deer hunting

The annual beale deer hunt is tentatively scheduled for Aug. 18 to Nov. 5. The lottery to select the hunters for this year will be held

May 17 at 10 a.m. in the Environmental conference room, Building 2561. Prospective deer hunters must have a California hunting license and a California Department of Fish and Game deer tag application with G7 filled in as their first choice. All of these items can be purchased at the Outdoor Adventure Center.

The deer tag application must be submitted to the 9th Civil Engineer Squadron Environmental Flight office at 6601 B Street no later than one hour before the above drawing.

For more information, call 634-4398 or 634-2738.

8 CHURCH
January 12, 2007

Foothills Chapel

15001 Camp Beale Highway
(Family housing area)
Protestant "Praise" worship service
Sundays, 9 a.m.
(includes "Parents' Nursery" and
children's church)
Catholic Mass
Sundays, 10:30 a.m. and 5 p.m.
Catholic Reconciliation
Sundays, 10 a.m. and 4 p.m.
Catholic daily Mass
Mondays through Fridays, 11:30 a.m.

Valley Chapel

6199 C St. (Main base)
Islamic worship
Every other Friday, 1 p.m.
Gospel Protestant worship service
Sundays, 11 a.m. (includes children's church)

Protestant Programs: Sunday School (10:30 a.m.) at Lone Tree Elementary. AWANA on Mondays and JV-Varsity on Tuesdays, 6-8 p.m. at Foothills Chapel. Protestant Youth meets Tuesdays at 5:30 p.m. at the Valley Chapel and Sundays at 6:30 p.m. at Foothills Chapel.

Protestant Bible Study Groups: Men - Second & fourth Sunday, Valley, 5 p.m. and Wednesday, Valley, 7 p.m. Women - Tuesday, 9-11 a.m. Foothills (children welcome) Thursday, 6:45 to 8 p.m., Valley.

Catholic Programs: Religious Education - preschool-12, Sundays 9 a.m. at Lone Tree Elementary School. RCIA, Catholic Youth, CWOC, CMOC and Adult Bible Study call Leila at 634-4707.

MOPS (Mothers of Preschoolers): Second & fourth Thursdays at Foothills Chapel.

Questions concerning marriages, baptisms, choirs, Navigators, and Officer Christian Fellowship can be directed to the chapel staff at 634-4701.

Beale Bijou

634-2521



Friday evening
The Marine
(PG-13)

John Cena, Robert Patrick
John Triton is a heroic Marine

who returns home after being discharged -- against his will -- from the Iraq War. Stateside, he finds himself back in action, when his wife is kidnapped by a murderous gang led by a merciless criminal named Rome. With everything on the line, the Marine will stop at nothing to carry out his toughest and most important mission. 91 min.



Saturday evening
The Grudge 2
(PG-13)

Sarah Michelle Gellar, Amber Tamblyn

In Tokyo, a young woman is exposed to the same mysterious curse that afflicted her sister. The supernatural force, which fills a person with rage before spreading to its next victim, brings together a group of previously unrelated people who attempt to unlock its secret to save their lives. 102 min.



Wednesday evening **Everyone's Hero**

(G)

Whoopi Goldberg, Rob Reiner A young boy finds himself at

an extraordinary crossroads: He has a chance to be a hero -- and make a difference against incredible odds -- or he can play it safe. With faith in himself instilled by his family, he teams up with a sassy young girl and some off-the-wall sidekicks and embarks on a sometimes perilous, often funny, cross-country quest. In the process, he restores his family's honor, befriends the world's biggest sports superstar, and reveals the hero within. 86 min.

Upcoming movie events:

Friday, Jan. 19 - Flicka Saturday, Jan. 20 - Everyone's Hero Wednesday, Jan. 24 - Flushed Away

Movies are being shown at the Community Center as the Beale Bijou undergoes renovations.

Evening movies play at 6 p.m.

unless otherwise specified.

The cost is free.

For more information, call 634-3165.



LEADership tour

Fourteen local community leaders with the Yuba-Sutter Chamber of Commerce's LEAD program visited Beale Jan. 4 to learn about Beale's high altitude reconnaissance mission and its great relationship with the local community. (Courtesy photo)

December Article 15's

The following enlisted personnel were given Article 15's during December:

A 9th Civil Engineer Squadron staff sergeant received a reduction to senior airman, suspended forfeiture of \$1,009, 14 days restriction, 14 days extra duty, and a reprimand for violating Article 92 - Failure to Obey Order or Regulation: Failing to refrain from consuming alcoholic beverages while on standby duty; Article 111 - Drunken or Reckless Operation of Vehicle: Driving a vehicle under the influence; Article 128 - Assault: Slapping a person in the face; Article 134 - General Article (Disorderly Conduct, Drunken-

ness): Belligerent behavior at a social function.

A 9th Maintenance Squadron airman first class received a suspended reduction to Airman, forfeiture \$250 pay per month for two months, 14 days extra duty, and a reprimand for violating Article 92 - Failure to Obey Order or Regulation: Negligently failing to have technical data present and follow it, while performing maintenance on an aircraft.

A 48th Intelligence Squadron senior airman received a reduction to airman with reduction below airman first class suspended, forfeiture of \$713 pay, and a reprimand for violating Article 107 - False Official

Statement: Lying to the first sergeant.

Commanders may suspend all or part of a punishment for up to six months. If the member fails to meet a condition of the suspension, the commander can remove the suspension and impose the punishment. For example, a member is given a suspended reduction to airman on Dec. 1, 2006. On Jan. 1, 2006, that same member fails to meet a condition of the suspension. The commander can impose the punishment that was suspended and the member is then reduced to airman effective Dec. 1, 2006, the date of the original action. This action is called "vacating" the suspension.

How to lose the 12 pounds of Christmas

By Kay Blakley DeCa home economist

FORT LEE, Va. - A strange phenomenon is underway at neighborhood commissary these days. Products whose labels contain the words "reduced-calorie," "low-fat," "fat-free," "sugar-free," or any form of the word "diet" are flying off the shelves faster than stockers can replenish them.

Commissary workers know there's no need for alarm. It's just that "dieting season" has begun. As soon as folks have had a chance to survey the damage done by all those delicious holiday indulgences, they start to look for ways to shed any reminders of just what a good time they had.

Exactly how you go about losing unwanted pounds is an individual issue that needs to be tailored to the taste buds and food preferences, but a few important concepts should be at the heart of the plan.

First and foremost, remember that calories do count; consuming more calories than calories being burnt in physical activity equals pounds gained, and reversing that ratio equals pounds lost. Don't starve yourself in the process, so learn how to make every calorie count. Just how is that done? By reading a product's nutrition facts label, and understanding it. Unfortunately, these aren't written in a manner that will ever land them on the bestseller list, but the Food and Drug Administration has recently re-

leased an interactive online learning program that makes them a little more user friendly.

Visit www.cfsan.fda.gov/label.html and let an animated character called "Labelman" walk you through the process of figuring out which is the better choice on any number of ordinary packaged foods. They've even thrown in some helpful rules-of-thumb like 40 calories/serving is low calorie, 100 calories/serving is moderate, and 400 calories/serving is high.

Still there are those among us who just get a headache from all that reading and decision making. If that description fits, try this simpler approach - fill the cart with items from the perimeter of the commissary. That's where the "whole foods" reside. These are foods that are

unprocessed or very lightly processed, with nothing added, and are still in as close to their natural state as possible. Nearly anything in the produce section is fair game, since virtually all choices are jam-packed with nutrients and fiber, and are very low in calories. Make lean choices at the fresh meat case by concentrating on cuts with loin or round in the name, and go for products labeled lowfat or fat-free in the dairy department. Choose whole grain breads as much as possible, and choose liquids wisely - water seems to help those pounds wash away a little faster.

Take note of the shelf talkers located throughout the commissary, which offer quick and easy messages from the Dietary Guidelines for Americans.

Wing to hold prayer breakfast

By Capt. Matthew Vesey 9th Reconnaissance Wing Protestant chaplain

From the beginning of our republic, leaders believed that the nation was dependent on God for its existence and survival.

America's first president, George Washington, said it is "the duty of all nations to acknowledge the providence of almighty God, to obey His will, to be grateful for His benefits and humbly implore His protection and favor." Washington was not alone in his admonition as many other presidents have spoken similar words.

The most notable include:

Abraham Lincoln, Theodore Roosevelt, Harry Truman and Ronald Reagan.

As a result, prayer on behalf of the nation has always been a part of public life. Acknowledgment of the need for national prayer was made quasi-official in 1953 when members of the Senate and House of Representatives invited President Dwight Eisenhower to speak at an annual prayer breakfast they'd been having since 1942.

Every president since then has spoken at the breakfast. Because of this presidential participation, for seventeen years the gathering was known as the President's Prayer Breakfast.

In 1970 the name was officially changed to the National Prayer Breakfast. Over the decades, the idea of a prayer breakfast soon spread to nearly all levels of government down to the state and local level and also migrated to the armed services. During those same decades, the date for the event has varied, but is generally held on the first Thursday in February.

The purpose of the event is to gather people together from across the spectrum of government and civilian service, regardless of religious faith, in order to seek divine guidance and direction for national leadership and reaffirm faith and dependence on God.

Network security relies on all users

By the Wing Information Assurance Office

The little things people do can make a big difference, especially when it concerns the security of a network.

Every year, network administrators find and crack "weak" passwords, computers are discovered unlocked and unattended, and potential viruses and classified message incidents are improperly reported. While network protection devices have been established to give information systems the highest degree of protection possible, all the firewalls and proxy servers in the world cannot protect from a complacent user.

The security of the network depends on all users. Be vigilant, alert, and one step ahead of the enemy. Ensure workstations are always locked when unattended. Don't come up with a password that can be easily guessed or hacked. Become familiar with virus and classified message incident reporting procedures and ensure peers and other Airmen know. If ever unsure of what action to take, contact the unit Information Systems Security Officer. Without the proper knowledge and tools, the entire network can be put at risk. Don't forget, on the other side of every mistake the enemy is waiting to take advantage of that mistake.

January 12, 2007

Leaps and bounds:

Iraqi Academy students finish officer training

By Staff Sgt. Zachary Wilson MNSTC-I Public Affairs

Editor's Note: Sergeant Wilson is deployed from Beale.

AL RUSTAMIYAH - More than 200 cadets were promoted to the rank of second lieutenant in a graduation ceremony Dec. 28 at the Iraqi Military Academy Al Rustamiyah.

The new officers completed a year-long military leadership development course based on the United Kingdom Royal Military Academy at Sandhurst, which focuses on building command, leadership and advanced military skills that the graduates will implement at their units throughout the Iraqi Army, according to IMAR's NATO advisers.

"I am glad today because I will become an officer, but I am sad that I will be leaving my friends," said Iraqi Army 2nd Lt. Munir. "I can say our relationship has been more like brothers. We spent so much time together."

The yearlong officer leadership course was broken into three stages.

In the first stage, the cadets went through basic training and developed basic command and leadership skills

In the second stage, they continued the development of their command and leadership skills and introduced advanced military skills. The third and final stage focused on refining all the skills taught, as well as learning more advanced military

take the rank and become officers, I was very proud," said Iraqi Army Sgt. Maj. Muhammad, who served as an instructor for the new lieutenants. "In every term I saw the changes as they learned more and gained more knowledge. I know that they will lead using what they learned here."

Mohammed explained that the IMAR instructors, who come from battle-tested combat units in the field, have all graduated from special NATO training courses designed to prepare them to become instructors. Additionally, he said that he goes into the field frequently to learn about new tactics and strategies that the Iraqi Army, as well as the terrorists and insurgents, are using. He then brings those lessons back to the classroom to ensure the cadets receive the best training possi-

The course, which used to be three years in length under the former regime, was shortened to just one year in order to align it more closely with the British program, a NATO adviser said.

"The training here is very good," said Iraqi Army Capt. Fa'aiz, the academy's public affairs officer who also served as the assistant chief instructor before becoming a spokesman for the organization. "In one year, we have many activities and teach many skills to make a professional army, and the quality of our cadets is very good. Overall, the training is the best training in all of Iraq," he said.

IMAR graduates more "When I saw my cadets than 600 Iraqi Army officers



A new Iraqi Army officer receives his rank insignia from his father and uncle. (Courtesy photo)

every year and its leaders are confident that the lessons taught in the classroom will have an immediate impact on the battlefields of Iraq.

"We are like a (university); we have a good academic program," Muhammad

"We have classroom lessons like math, mitigation, planning, battle-techniques but the important thing that we (do) is to make our cadets build friendships, regardless of religions. They are one. They come (here) to become officers - to be in the Iraqi Army and to help each other."

As the ceremony concluded, the cadets rushed to the stands to greet family members and friends who came to witness their momentous accomplishments, but some of the cadets were more excited to move on to the next stage in their lives.

"I am so happy," said Iraqi Army 2nd Lt. Bilad. "I can see the result of my hard work from the whole year. It's great, it's very amazing. The next job will require me to remove the theory side (of the classroom teachings) and implement the practical side (on the battlefields)," he explained. "I hope that God will give me the chance to protect my country and my unit and to fight terrorism."

One of Bilad's classmates agreed. "I am very happy because we finished this hard course, however we are sad because we will leave our friends and our days here," said 2nd Lt. Suleiman. "However, we want to help re-build the Iraqi Army and fight the terrorists."

Though the new officers had not yet received their new assignments following the graduation, they expressed an eagerness to get to their units and put their training to use.

"I am very excited to learn about my troops and my unit," said 2nd Lt. Ghilan. "I hope to teach them what I have learned here how to fight the terrorists. I believe that all of the skills and knowledge I have learned here will help me to be a good officer to lead my troops into battle against the terrorists."

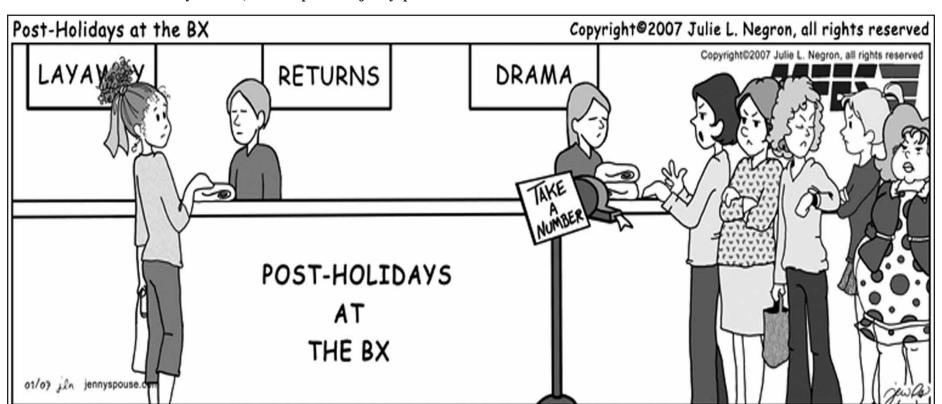
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B.A.A.D.D. 634-5700

Jenny:

Jenny follows the adventures of a young Air Force spouse determined to overcome the challenges of a military lifestyle. Drawn from the real lives of both contributors and the cartoonist, Jenny's experiences reflect the humor, ingenuity, and sheer determination necessary to be successful as the spouse of an active duty military member. For more Jenny comics, visit http://www.jennyspouse.com.



www.afcrossroads.com

www.bealeservices.com

Team scramble golf tournament a success

The new Coyote Run Golf Course manager, Ken Yuson, and his team, has plenty of experience in coordinating golf tournaments. Last week they proved it by hosting a 2 Person Scramble golf tournament. General H. D. Polumbo Jr., 9th RW Commander, was there to support the event. He and his team mate, Don Hansen, came in second place with General Polumbo birdying on the last hole. Dennis Tolliver and Mark Fry of the 9th CES took first place with a score of 58.6. Dennis said it's been a while since he's played, "I almost forgot what a great time golfing can be." He went on to say, "The day was picture perfect, the course looked better than I ever remember, and my partner played brilliantly. I think what really made the day though was the effort put in by the Coyote Run staff. They really do a great job." He added, "I am impressed with our new Managing Pro, Ken. In 14 years playing at Beale, I've never been visited on the course during play with smiles and considerate conversation like I was today. We're extremely lucky to have him."

Ken was active duty in the Air Force for 8 years. He's been a PGA Golf Professional for 16 years, working at Delta View Golf Course in Pittsburg and Diablo Creek Golf Course in Concord California. He is certified in giving golf lessons to juniors and adults. Last weekend was the first of many golf tournaments to come. He plans on setting up several competitive games as well as fun and relaxed ones, including a night golfing tournament. He said he's excited to be here and looks forward to meeting and exceeding the challenges ahead. When Ken was told how well the Scramble Tournament went, he was all smiles and humbly acknowledged his staff.

Next week on the 20th, the Coyote Run will be hosting a Skin Game and on the 27th a Blind Draw Tournament. Each tournament begins at 9:00 am and costs only \$15 per person plus green fees and optional cart rental. Ladies Day is every

FREE for Members **\$2** Non-members Recce Point Club 634-4948 First place winners were Dennis Tolliver (left) and Mark Fry (far right). Golf Course manager Ken Yuson (center).

Special guest General H. D. Polumbo and team mate Don Hansen finished a solid second place.

Wednesday at 9:00 am and Men's **Day** is every Thursday at 9:00 am.

The Coyote Run Golf Course offers a supportive, relaxing atmosphere that emphasizes meeting people, enjoying the

game, and having fun. Stand by for more details on upcoming events and other great programs from Ken and the Coyote Run. For more information check the Services Web Site at www.bealeservices.com or call the Coyote Run at **788-0192**.





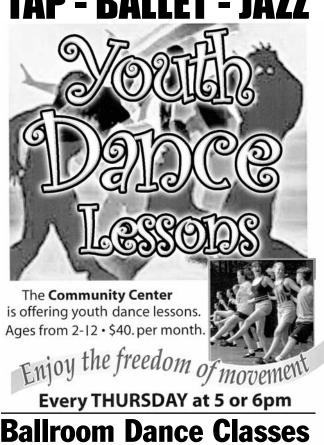




Coyote Run Golf Course 788-0192







East Coast Swing, Cha Cha...& more! \$30 per month • ages 16 yrs & up! Jan 16th · 6:30-8:30 pm

Community Center • 634-3140

9th SVS 2007 Holiday Hours Martin Luther King Ir. Dav

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FACILITY NAME MO)N, 15-JAN
Aero Club	By Appt
Arts & Crafts	Closed
Auto Hobby	Closed
Beale Lanes	1100-1700
Spare Time Grill	1100-1700
Ramoneda Dining Facility	Closed
CDC	Closed
Community Center	Closed
Contrails Brunch	0800-1300
Coyote Run Golf	Dawn-Dus
Family Child Care Office	Closed
Gold Country Inn	24 / 7
Harris Fitness	0800-2000
Library	Closed
OAC/ITT	Closed
Pub Dining	0800-2000
Pub Lounge	1600-2000
Recce Point Club	Closed
Rod & Gun	Closed
Youth Center-School Age	Closed
Youth Center-Open Rec	Closed
Youth Center-Teen Time	Closed
Youth Center-Special Events	Closed
Vet Clinic	Closed



www.bealeservices.com

Beale Lanes has more than bowling

Beale Lanes has made some changes to their facility and added new leagues and activities. There's an extended menu; nachos, chicken and cheese quesadillas, Ruben sandwiches, battered zucchini and cheese poppers. There is also an added selection of premium beers including Sierra Nevada draft. It's a perfect place to unwind with friends and an awesome place to have a party! It has a great sound system, and colorful lighting, perfect for Cosmic Bowling which is held every Friday and Saturday night. Beale Lanes also is opening up a Kid's Corner. The grand opening is scheduled for January 16th from 10:00 am–2:00 pm. To celebrate the child play area, parents can bowl for \$1 a game and .50¢ shoe rental when accompanied by a preschool age child for the entire month of January. Children can bowl or use the new unsupervised play area.

It's not too late to sign up for a bowling league! Yesterday launched the **Intramurals**League; it's held every Thursday at 5:30 pm and cost \$10 per week. Intramurals is open to all active military, civilian workers and their spouses. This league is sanctioned with the United States Bowling Congress and has a nice payout at the end of the season. It's a four person, co-ed, handicap league that encourages different squadrons to compete against each other in a friendly environment.

On the 22nd you can sign up for the **Employees and Friends League**. It's open to everyone; male, female and youth. This league is very similar to the Intramural league with the exception of it not being sanctioned and with the fact that children can participate. This means there will not be a payout at the end of the season; however, there will be an end of the season party with trophies to the top finishers. It cost \$6.50 per person and ends on May 7th.

Sacramento Kings on sale now!

Tickets are \$44.50 each to all home games. KINGS VS. NEW JERSEY NETS • 22 JAN at 7:00 pm KINGS VS. MILWAUKEE BUCKS • 24 JAN at 7:00 pm

OAC / ITT 634-4882

MouthCenter

New Year's Tween Dance

Jan 12[™], Friday • 6:30-9:30 pm

Ages 9-12. • Tween have a night of fun and dancing! \$3 members, \$5 non-members

YOUTH BASKETBALL

START SMART BASKETBALL

Jan 16TH-Feb 1ST, Tues & Thurs • 11:45 am-12:30 pm Ages 3-4. • Parent participation required, \$25 for a three-week session. Includes all gear. Parent participation required - space is limited.

YOUTH CENTER • 634-4953

Beale Lanes is certified by the USBC (United States Bowling Congress) and offers a choice of tournaments through out the year. There are biweekly **9 Pin No-tap tournaments** at 5:00 pm for only \$20 a tournament, with cash prizes. Every Saturday is **Family Day** from 1:00–7:00 pm. Families can bowl for only \$30 per family of 4 (\$5 per additional member) and includes 3 games and shoes, 2 hot dogs per person, a large basket-o-fries and 2 pitchers of soda. On February 10th look forward to a **Sweetheart's Scotch Doubles** tournament. It costs only \$30 per couple and includes a spaghetti dinner.

Beale Lanes has fun arcade games, two pool tables and dart boards and beginning in February, will be hosting a weekly dart tournament every Tuesday night at 6:00 pm. The entry fee is only \$5 which goes towards the prize fund.

This bowling center has a little bit of everything! If there is something that you feel is missing, please stop by or go to the Services web site at www.bealeservices.com and fill out an Ice Comment Card. Beale Lanes' manager, Brad Lay is open to suggestions and wants to hear your feedback. No matter what your past time is, you are sure to have a great time at Beale Lanes. Join a league today and call 634-2299 for more information.

adventures!

ALL TRIPS AND TICKETS ARE OPEN TO MILITARY & DOD CIVILIANS

Snow Play & Tubing Day Jan 20th / 9:00 AM-4:00 PM • Cost: \$12 • Sign up: 01/17

Join the OAC for a full day of sledding and playing in the snow. OAC will supply the sleds, saucers, hot cocoa, and chilidogs for lunch. Bring the kids and enjoy a round of snowball fights, build a snowman, or create your own concoction of fun in the snow. Ski attire, kid's boots and additional equipment (x-country skis, snowshoes, etc.) are available for rent at OAC at a discounted rate for trip participants.

Northstar Ski Resort Shuttle Jan 21st / 6:30 AM-8:00 PM • Sign up: 01/18. Cost: \$10, All ages

Return times are estimated upon weather & traffic.

Let the OAC ski shuttle transport you to Northstar ski resort which was just ranked 4th best park in North America. Northstar offers FREE lift tickets to active duty members with valid military & secondary ID*. Everyone else can purchase a discount lift ticket at OAC.

*Blackout dates do not qualify for the free lift tickets 01/14 & 02/18.

Call the resort to verify any military discount or free programs.

Downtown/Old Sacramento Nightlife Shuttle

Jan 26th / 5:30 PM-1:00 AM • Cost: \$10 transportation only.

Ages 21 or older • Sign up: 01/24 Enjoy an evening in Downtown or Old Sacramento while visiting the many restaurants, saloons, clubs and specialty shops or meander to the Downtown Plaza for some city nightlife. Gather a group of friends & let OAC be your designated driver.

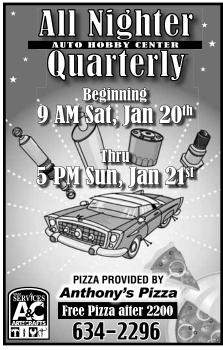
> Active Duty Ski & Snowboard Specials <

SKI RENTALS • Daily $^{\$}16$, Sat-Mon $^{\$}22$, Weekend (Fri-Mon) $^{\$}25$. **SNOWBOARDS •** Daily $^{\$}23$, Sat-Mon $^{\$}28$, Weekend (Fri-Mon) $^{\$}32$.

NEW SATURDAY HOURS 8:00 am-12:00 pm

OUTDOOR ADVENTURE CENTER : 634-2054

Jan 26th & 27th • 8:00pm show \$19.75 lower level seating Jan 28th • 2:00pm show \$28 includes ticket & transportation For tickets: ITT• 634-4882





634-4948